



## National School Breakfast Week Sample Menu

*Courtesy of Collier County Public Schools (FL)*

### Monday

**Breakfast Pizza** 1 MMA 1 GB (180 Calories, 3 g Saturated Fat, 125 Sodium) OR  
**Assorted Whole Grain, Reduced Sugar Cereal** 1 GB (97 Calories, 0 g Saturated Fat, 145 Sodium) and  
**Option of WG Graham** 1 GB (120 Calories, 1 g Saturated Fat, 110 mg) OR  
**Cocoa Cherry Bar** 1GB (220 Calories, 2 g Saturated Fat, 55 mg) and  
**Option of WG Graham** 1 GB (120 Calories, 1 g Saturated Fat, 110 mg)  
**100% Fruit Juice** 1F (60 Calories, 0 g Saturated Fat, 0 mg Sodium)  
**Raisins** 1F (129 Calories, 0 g Saturated Fat, 5 mg Sodium)  
**Choice of Fat Free or 1% Milk** 1M (100 Calories, 1.5 g Saturated Fat, 125 mg Sodium)

### Tuesday

**Breakfast Chicken Slider** 1 MMA 1 GB (202 Calories, 1.1 g Saturated Fat, 387 Sodium) and  
**Optional condiment of Ketchup** (30 Calories, 0 g Saturated Fat, 255 Sodium) OR  
**Breakfast Pretzel** 2 GB (140 Calories, 0 g Saturated Fat, 150 Sodium) and  
**Assorted Whole Grain, Reduced Sugar Cereal** 1 GB (97 Calories, 0 g Saturated Fat, 145 Sodium) and  
**Option of WG Graham** 1 GB (120 Calories, 1 g Saturated Fat, 110 mg)  
**100% Fruit Juice** 1F (60 Calories, 0 g Saturated Fat, 0 mg Sodium)  
**Craisins** 1F (105 Calories, 0 g Saturated Fat, 0 mg Sodium)  
**Choice of Fat Free or 1% Milk** 1M (100 Calories, 1.5 g Saturated Fat, 125 mg Sodium)

### Wednesday

**Bosco Breakfast Cheese Stick** 1 MMA 1 GB (190 Calories, 2 g Saturated Fat, 230 mg Sodium) OR  
**Whole Wheat Bagel** 2GB (178 Calories, 0 g Saturated Fat, 314 mg Sodium) and  
**Optional condiment of Light Cream Cheese** (45 Calories, 2.5 g Saturated Fat, 95 g Sodium) OR  
**Assorted Whole Grain, Reduced Sugar Cereal** 1 GB (97 Calories, 0 g Saturated Fat, 145 Sodium) and  
**Option of WG Graham** 1 GB (120 Calories, 1 g Saturated Fat, 110 mg)  
**100% Fruit Juice** 1F (60 Calories, 0 g Saturated Fat, 0 mg Sodium)  
**Raisins** 1F (129 Calories, 0 g Saturated Fat, 5 mg Sodium)  
**Choice of Fat Free or 1% Milk** 1M (100 Calories, 1.5 g Saturated Fat, 125 mg Sodium)

### Thursday

**Egg and Cheese Breakfast Sandwich** 1 MMA 1 GB (225 Calories, 3 g Saturated Fat, 334 mg Sodium) and  
**Optional condiment of Ketchup** (30 Calories, 0 g Saturated Fat, 255 Sodium) OR  
**Crunchmania** 2GB (220 Calories, 2 g Saturated Fat, 230 mg) OR  
**Assorted Whole Grain, Reduced Sugar Cereal** 1 GB (97 Calories, 0 g Saturated Fat, 145 Sodium) and  
**Option of WG Graham** 1 GB (120 Calories, 1 g Saturated Fat, 110 mg)  
**100% Fruit Juice** 1F (60 Calories, 0 g Saturated Fat, 0 mg Sodium)  
**Banana** 1F (72 Calories, 0 g Saturated Fat, 1 mg Sodium)  
**Choice of Fat Free or 1% Milk** 1M (100 Calories, 1.5 g Saturated Fat, 125 mg Sodium)

**Friday**

**French Toast Sticks** 2 GB (310 Calories, 2.5 mg Saturated Fat, 310 Sodium) and

**Optional condiment of Syrup** (120 Calories, 0 g Saturated Fat, 0 g Sodium) OR

**Yogurt** (90 Calories, 1 g Saturated Fat, 75 mg) and

**Option of WG Graham** 1 GB (120 Calories, 1 g Saturated Fat, 110 mg) OR

**Assorted Whole Grain, Reduced Sugar Cereal** 1 GB (97 Calories, 0 g Saturated Fat, 145 Sodium) and

**Option of WG Graham** 1 GB (120 Calories, 1 g Saturated Fat, 110 mg)

**100% Fruit Juice** 1F (60 Calories, 0 g Saturated Fat, 0 mg Sodium)

**Tangerine** 1F (40 Calories, 0 g Saturated Fat, 2 mg Sodium)

**Choice of Fat Free or 1% Milk** 1M (100 Calories, 1.5 g Saturated Fat, 125 mg Sodium)

Made possible by:



*\*Note: you should conduct your own nutrient analysis of the individual menus. All menus are suggestions for your consideration. You are encouraged to choose menus that best fit the needs of your staff and students, as well as your own food safety plan and nutrition requirements. SNA has not tested these recipes in a kitchen.*